SYLLABUS

OF

Man and His Bodies

Compiled for Fourth Edition with Fifth Edition
Page Correspondences

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Besant, Annie

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NOTICE.

As we are going to press, we find that a fifth edition of "Man and His Bodies" has been published. As the editions are set in slightly different type, the paging is somewhat different. Below you will find the pages in the two editions that approximately cover each other.

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QUESTIONS ON

MAN AND HIS BODIES

Page.

6. What do you understand by the relation between man and his bodies?

7. What do you mean by man?

   What do you mean by bodies?—the bodies of man?

   What is the purpose of different bodies?

   Why should we have more than one body?

8. What do all the bodies have in common?

9. What is the structure and what is the function of the etheric double?

10. Why is it called etheric and why double?

    How many subdivisions of physical matter are there?

11. Is the ether all of one condition?

    Name them.

    Are any one of these seven states of matter capable of passing into any other of the seven?

12. Why should the physical body be carefully trained?

    What peculiarity has the physical body?

13. Does the physical body resist if one tries to change a habit?

Are the gaseous constituents visible to the untrained physical eye?

What is the most outward garment of man?

14. What set of activities does the sympathetic nervous system carry on in our bodies, and was there a time when this was under our control?

Is it possible to again bring under the control of the will the sympathetic nervous system?

What Yoga teaches it?

Does Theosophy advise studying this method?

15. In what way is it instructive to the western mind?

What activity does the voluntary nervous system carry on, and of what does it consist?

What does the man express through this system?

16. Is the man hampered on the physical plane if the brain and nervous system are out of order?

What do the materialists claim?

17. From what plane would we bring in forces to show that the consciousness is ever active though the brain be out of order?

What is the disease called that destroys memory of words?

What is the importance of this as regards our present inquiry?

Of what are these nervous systems built?

How are these cells visible?

What do these atoms of the chemist form when combined?

Of what are these cells made?

In what way does the Theosophist differ from the physical scientist in regard to the atom and its capabilities?

18. In what way are the atoms benefited grouped together into a whole?

On what fact hinges the possibility of the purification of the dense body?

How does the ordinary person build his body?

19. What then is the right process of building or purifying the body?

How often does the entire physical organism change if left to itself?

What does he make in his body by increasing pure constituents?

20. To what is this purifying process the first step?

What does Yogi mean?

If one should be psychic how will the use of these powers be hampered in an impure body?

What is the important thing to strike off if one sets about to refine the body? Why?

21. Do drunkards having lost their physical body loiter around saloons?

What is an evil elemental? (Read Astral Plane, p. 60, also Ancient Wisdom, pp. 58, 59, 60.)

In what way does the body of a brewer differ from that of other walks of life? Why?

22. Would the bodies of a slaughter man or butcher be fit instrument for high thoughts and lofty spiritual themes? Why?

If one did nothing but purify the physical body would that alone make one spiritual?

23. What difficulties will we all meet till our cities are built on a different plan?

24. Is it the physical body that dislikes the changes one is forcing upon it?

25. What is Kama?

Explain how these kamic cravings can be strengthened or starved out in a child?

Do you think that is the secret of the Roman Catholic saying, "Give us the child until it is seven and then you can have it." Explain.

26. After one has made changes in the body does it then revolt against what it once enjoyed? In what does the real reformation lie?

Why should one strive to live up to the highest of one's capabilities?

With what results do people make believe?

27. What can the man with steady persistence do?

What does physical science assert accompanies all bodily changes?

How has this evidence been accumulated?

What medium must there be for electric currents to manifest?

Did scientists postulate ether before we had electricity?

Did Theosophists?

In how many grades does this ether exist?

28. What is the finest of these ethers called?

Does the etheric double interpenetrate dense physical. Is it a perfect replica or likeness?

Of what color is it? Why does it vary in fine or coarse grades of ether?

How then would one refine the etheric double?

29. What force is carried on by means of etheric double?

Does the power of thought, movement and feeling reside in physical or etheric nerve substance?

Of what are the activities and how expressed on the physical plane?

What is Prana?

What is the vehicle of Prana?

30. How is the etheric double affected by alcohol?

Where does the Ego function when one sleeps?

Does the Ego ever sleep?

Explain dreams.

In what way are these workings of dense etheric matter instructive?

Are these vibrations produced rational, sequential, coherent?

Why do other thought forms come in and mingle with these vibrations?

31. In what way do sleep and death differ?

How long after death till the Ego is withdrawn from etheric double? (Read Ancient Wisdom, p. 86, 87.)

Why cannot the etheric double pass into the astral plane?

Does the etheric double appear to some people after death?

Do you know of any such cases?

What is responsible for church-yard ghosts?

What kind of people sometime have this separation of etheric double before death?

Is it dangerous and to what does it give rise?

32. To what state is the dense body reduced even with a partial withdrawal of etheric double?

33. Why should we strive to have healthy bodies?

34. When we have begun to organize our bodies, how will we know we are succeeding in part?

With our highly organized bodies, shall we have these efficient instruments for selfish purposes?

35. How will such knowledge improve our land and cities?

36. Is a man more than his bodies and how is he limited in the expression of himself, no matter what the plane?

Explain astral plane or world. How many subdivisions?

Do they interpenetrate physical matter?

To what is the seven sub-states of astral matter corresponding?

Does every physical atom have its astral counterpart?

38. For what does the astral matter serve as a vehicle?

What is Jiva? (Read Thought Power, p.15.)

Of what are all these forces differentiations?

Then from the astral these forces pass to what body? From the etheric where?

39. If the physical was suddenly struck out, where would we find a perfect likeness of it?

If people had astral vision, would they be aware of the change?

Is it as real as the physical?

Explain paragraph "It is as real as in fact, not being quite so far removed from the One Reality?"

Can one develop so that astral consciousness is real?

40. Why should not this development be forced?

What is necessary for this work?

Why should the astral body be organized?

Do we all work daily in the astral body?

What is proof of this as given by Mrs. Besant?

What body in man makes connection between physical and mental; for example, a blow on the physical, how is the mental to know it?

41. Explain constitution of the astral body?

What is the appearance of an undeveloped man's astral body?

How would a well formed astral body look and of what would it be indicative?

On what two sides does the improvement of the astral body hinge?

42. To what is the astral body peculiarly susceptible? Why?

What keeps the thought form alive, and when does it cease to be?

What name is given to astral and mental matter as it is moulded by these thoughts?

Looking at the astral world, what is seen?

Will a strong thought exist longer than a weak one?

Why does the astral body of man respond to the thoughts around us?

How is the astral body seen permeating the dense physical body?

How do these colors vary?

43. Of what is the body the seat?

How does taking an anesthetic and cutting up the physical body prove we must have another body (i. e., the body of sensation) that is for the time held in abeyance?

What causes the astral body to change color constantly?

If the thinking be high and noble, how do we trace this action on the physical body?

Describe the astral body of a man whose every thought was low and sensual.

How has the advanced man accomplished this?

44. Explain how astral body acts as a magnet attracting to itself either coarse or fine material.

Explain how purifying physical body would affect the astral body.

45. The coarsest food attracts what class of entities?

What are elementaries, and to whom are they attracted?

Why do these elementaries hover around saloons and butcher shops?

46. Then on what does the possibility of improving the astral body largely depend?

How can we make our astral body so it is tuned to higher vibrations? Explain fully.

By what is this law known?

What can one do to verify these statements of Mrs. Besant's, "Where is the starting point and will it ever be a matter of absolute knowledge"?

47. Upon what does our possibilities depend of mastering the astral world?

Would the unprepared person get tired of the strain if he was not enthusiastic enough to do the simple things which purify the astral body and the physical body?

48. What will the pupil find flow into him, as it were?

Would Karma decide whether this would be sooner or later?

Where do the astral activities, changing colors, and so on, manifest when the man is awake?

What occurs when the man is asleep?

49. Describe the astral body of the mediocre.

If a person be observed, who is fairly well-developed, what will be seen?

50. If he has not learned to link together his astral and physical vehicles, what occurs?

Will the man be able to impress on his physical body the knowledge of what he has been doing?

Sometimes when the physical body awakens there is a feeling that something has been experienced. What does this show?

51. When the man succeeds in impressing new knowledge on the physical body, of what is this a sign?

52. Is it possible to be functioning actively and usefully on the astral plane and not impress the physical body?

In what way will the lower consciousness be aware?

What is the one fact that pupils may take as a matter of encouragement?

What body are we developing as we grow stronger and steadier in our devotion to the Master's work and seek to perform our share?

In what class is this sort of evolution going on?

53. What is the certainty that lies before all who choose the life of service?

54. When this stage is reached, what does one realize?

Can the astral body show itself apart from the physical body during or after earth life?

Then how will things that happen in the physical life affect him?

55. What sight must the person visited have in order to see the astral body?

If he has not clairvoyant vision, what other means could be used?

Explain how one might see astrally who does not normally exercise astral vision.

56. What changes take place in astral body after death?

What reason do we find here for the importance of purifying the astral body?

57. What kind of astral material would the man of low tendencies have?

Where would this hold him?

When this shell is disintegrated, where does the man go?

What then determines the stay on the lower levels?

58. If the grosser materials could be eliminated on the physical plane, or if the consciousness could be withdrawn from the lower passions, how could such a one pass through the lower levels?

59. To what plane does the man go after his stay in Kamaloka is over?

What can he carry with him into Devachan?

Do these manifest in Devachan?

What does the man bring with him when he again returns to rebirth?

Can we do anything now to insure our having a better astral body in our next incarnation? (Read Ancient Wisdom, pages 158 and 159, which will give you an idea of how the permanent atoms sound out their keynotes and build the new bodies.)

60. Do we begin a new life with a clean sheet?

Are all the lives linked? And must the process of purification and development begin for us sometime?

How do we reach this decision?

How do we begin to shatter the fetters that bind us and win our liberty?

What is the meaning of the word "Kamaloka," and where is the region? (Ancient Wisdom, page 137.)

What is the meaning of the word "Devachan"? Where is this region? (Page 137 Ancient Wisdom.)

62. What are the planes that make up the triple region wherein man is active during earthly incarnations?

How may we pass out of these three worlds?

63. Why is Devachan called "happy land," and what is man's work while there?

Into how many sets are the seven sub-planes of the mental plane divided? Name them. How many sub-planes in the upper set and how many in the lower?

How many vehicles has man to function on this plane?

What is the higher one called? Why called causal? (Ancient Wisdom, pages 130 and 131.)

64. What is the lower one called? How long does it last?

Of which sub-planes of the mental plane is the lower mind body composed? Through what bodies does it work in its manifestation that we call waking consciousness?

During the early life of the thinker, what sort of a body is it?

Is this mental matter visible to astral sight?

65. What peculiarity has the mind body?

Describe the mind body of the advanced man, not necessarily spiritual.

66. Does it become a likeness of the man in form and feature as the astral?

What is its shape and how does it appear with the physical and astral bodies?

As the man develops the higher capacities of the mind, what effect does it have on the mind body?

If we are surrounded by this mental matter, why cannot we see it?

67. Are there distinct organs of sense for receiving vibrations on mental plane as on astral and physical planes?

How does the man in his mind body come into contact with these vibrations? Explain fully.

How is a thought conveyed?

Do we on the physical plane get all of a thought by the symbols we call words?

68. What is the name given to this matter of mental plane which is shaped by thought into form?

If man be functioning on the mental plane, would he still be hampered by astral and physical senses?

Explain how he would get these vibrations.

Then if the man be thinking in waking consciousness, what is the difference? Does he now receive all vibrations at once, or just what does he get?

Do we find the man is conscious of all activities of physical body?

Does he really share consciousness of entire physical as a whole?

69. What is mind? What is Self?

Do some feel that the mind is the Self and can go no further?

What is the work of the fifth race man?

How does it grow?

70. Explain difference between a receptacle and creator of thought.

If you are a receptacle will the mind grow, or will you continue to incarnate, much the same, with an ordinary mental body?

What should be the effect of this knowledge on one who realizes how the mind body is built?

71. Explain method given to check one's thoughts in order to find out one's own state of mental body.

If you be wise, what process will you take?

What will be the effect now after you have driven out evil thoughts and retained only the good?

72. When the man shakes off both physical and astral bodies, what does he carry with him into the mind world, or mental plane, or Devachan?

How does he use his Devachanic life? (Read Ancient Wisdom, pp. 144 and 145.)

At the close of Devachanic life, what does the permanent mental unit hand on to the causal body, and for what purpose?

As the man returns to rebirth what becomes of these faculties?

Then is the new body formed more highly organized than the previous one? (Read Ancient Wisdom, pp. 158 and 159.)

73. What is the immense change made during Devachanic life and in what way is it limited?

Upon what does our mental body in our next incarnation depend?

Can we isolate one life?

What does Karma bring? Give an idea of Karma in your own language just from what you have studied.

On the physical plane one does not expect to reap wheat if rye has been sown, would it be natural to think a different law regulates the higher planes?

To what is the mental or mind body allied in its inmost nature? Of what is it the storehouse?

74. Explain how if the man has evil tendencies in his nature he may change them.

Why are the first efforts most difficult?

In what way does concentration help the growth of the mind? (Read Thought Power, chapter 7, page 70.)

Why is consecutive reasoning good training?

75. How will this development show itself?

Why called causal?

Of what is it the storehouse and how does it grow?

What sub-divisions of mental plane matter form causal body?

76. Explain this union which results in the birth of the soul of man.

77. At a low stage of evolution what does the man show, or what is he manifesting most?

Explain the manner in which the mind body becomes entangled with the astral.

78. Then, how does the man set up something that is able to endure, to be built into the causal body?

Why is the growth slow?

What becomes of these germs of evil passions after stay on astral plane is over?

79. What injury is done to the causal body when the evil is of a subtle kind and is continually followed?

If the Ego grows in intellect without expanding in love and unselfishness, what is the result?

80. What sort of Ego must this be to effect such injury?

What is most dangerous as far as deadly effects are concerned?

What class is developing along this line?

Explain fully how they grow and for what purpose and what is their danger. Is this retarding or working for evolution?

How can we make evolution a definite object in life?

81. By the law of evolution what germ is contained in evil?

What is the secret of this?

Is the theory then of being lost utterly refuted by the teaching of Theosophy?

Can we delay our progress?

Could anything be possibly lost? If so, where would it be as God made all and is in all?

82. What is the spiritual Ego?

Is this the end of human evolution?

Where is this plane and what is it called?

What is the body called that the consciousness uses on this plane, and who can pass into this plane?

What then becomes to them a fact of experience, not only an intellectual belief?

In what does the man have to grow before he can pass into this plane?

What is the gateway called and who leads one through it?

83. To what three planes does separateness belong?

Then on this Buddhic plane what is all humanity found to be?

Explain how the Mayavi Rupa is made? What is the object of using it?

85. What is the Aura? In whom is the Buddhic or Spiritual body visible?

At our state of evolution would it be visible?

Give the names of the bodies as they would be seen by one who had developed the higher vision?

How does the physical look?

86. How does the astral differ as the man is more or less pure?

How does the mind body show? How does the causal?

How does the causal body look of an advanced soul?

How would a Master look? Is it possible for us to become as they?

88. What does our aura show? How do we purify it?

Looking over the world with the higher vision, how would the sorrows, miseries, degradation and shame seem?

What is the message of hope brought by Theosophy to the Western world?

89. What is man? Where does he exist? What is the name of that body that remains on the higher mental plane?

On what three planes does the man function while he is bound to the wheel of births and deaths?

What is the consciousness called that man developes on the physical plane? Through what does it work and what processes are carried on?

Of what are our mental faculties the outcome?

90. As the man developes what can be said of his progress life after life?

What kind of mental activity would the undeveloped have?

How is it amused? How occupied? In what is it interested?

Why does it seek violent sensations?

91. What is the Self and what is the Not-Self?

Where does this type gather? What is the condition of their impressions?

Where is the Ahamkara or "I" making faculty seen?

Explain how the vibrations from external objects become sensations?

What is the action called when these sensations are linked to the mental body?

92. Is this stage passed by our humanity? Where may we see a repetition of it?

What is an idea or mental image, and how are these made up?

What is the beginning of reasoning?

93. Explain how the ideas that were the chaos of perceptions are arranged into a cosmos?

Does the brain do all this work? What does?

How is the consciousness illuminated?

94. What does this attempt to reason show?

Trace the action of the vibration from the mind body through the other bodies.

95. Explain how an associated idea is set up?

When is this action troublesome?

Why should we be careful how we speak of sacred things?

What is another mark of progress?

96. How does the growth of the man show itself and what does he develop?

How is the man of weak will moved? How is the man of strong will moved?

This store which the man has gathered in many lives, how is it available?

97. The store is in the man but how will he be able to use it?

Now that man has improved his physical vehicle what must be his instrument of thought?

What method will he use in order that the brain will think sequentially?

What is set up in the brain by unconnected, careless thinking?

Explain fully the two stages of training.

What is the difference between the mental body and physical brain, or is there a difference?

98. What effect does this training have on the physical organism?

Explain the difference between the work of one untrained and one thus trained.

Will this training affect any other of the man's vehicles besides improving the brain capacity?

What effect will it have on the astral body?

99. How will his dreams become?

In what body is the man now functioning, and on what plane?

Explain the difference in two men, one who uses the astral body as a bridge, the other who uses it consciously as a vehicle?

100. What does it show if one catches more from a speaker than the words convey?

To what is due the unconsciousness of people during sleep?

Does the man use the astral body during waking consciousness?

Is it possible to be using the astral body on the astral plane and yet not be aware of it in the waking consciousness?

101. Now when this connection from astral to physical is made, how does the man pass from plane to plane?

Where may he be said to be living at the same time?

What is the next stage of development?

What does he find he is creating when he is thinking?

102. With this stage of man's development does his power of usefulness increase? Why?

What is an artificial elemental?

What is a true elemental? (Read Ancient Wisdom, pp. 65 and 66.)

As the mind body develops does the man need to put the physical body to sleep in order to enjoy the use of his higher faculties?

What can he know of the mental working of others?

At this stage of development what body is the man using consciously?

103. How does he feel as to the personal "I"?

In what body does the individuality dwell?

What is the difference between individuality and personality? (Read Ancient Wisdom, pp. 160 and 161.)

What sub-planes of mental matter is causal body made?

When man can function in causal body what does he know?

Do the links exist although not vivified and not active?

Explain rudimentary organs being of two kinds.

104. How can these links by which the consciousness can work from plane to plane become active?

Are there analogous nervous centers in the astral as in the physical?

As evolution proceeds what takes place in these centers and what do they become?

What is a nervous center?

What is the serpent fire or Kundalini?

What is the danger of arousing Kundalini before vehicles are purified?

105. What is meant by the phrase "When a man has rendered himself fit"?

Then is help given one who is so purified?

What is the man able to do after this?

When these links are connected is the man unconscious on going from plane to plane?

What is meant by "he discovers himself to be free"?

How is the bridging of the gulf from day to night facilitated?

106. When the consciousness is unbroken between the astral and physical planes, what can the man do to aid others?

On what does the memory of past lives depend?

What is open to the man who has unified the two lower vehicles of consciousness?

How then is one able to aid others?

If man is to bridge over the gulf between life and life, what must he do?

What becomes of the mind body?

Could the mind body carry memory across from life to life? Why?

Which body endures?

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107. From what plane do we descend for rebirth?

Explain fully how the man drops body after body.

What is the "astral corpse"? What becomes of it?

How long does the man live in Devachan, and what is his work there?

Can the matter of lower mental plane pass to the higher levels of mental plane? Why?

108. To what plane does he finally pass over which death has no power? What is his work now?

Upon what levels of the mental plane must the man be fully conscious ere he can bring back memory?

Would the undeveloped soul be conscious on the higher levels of the mental plane or in the causal body?

What becomes of the germs of each body?

Explain how the mental body is built for the next incarnation. (Read Ancient Wisdom, pp. 158, 159, 202, 203.)

What kind of matter will this germ or permanent atom attract around it for the new body?

109. Why should we try to improve the germ or permanent atom in our bodies now?

Could it be possible as new atoms are drawn around the germs or permanent atoms for a new body, for them to have a memory of a past in which they had no part?

What body is the partaker or receptacle of ALL past, and when will we remember?

110. Does this mean that the man is to be a dreamer and not discharge his duties in the world in which he is living?

How is it possible to hasten this activity of consciousness on higher planes.

111. What is the triumph of man?

On what planes do the Masters function?

In going from plane to plane what has he found exists for the unified man? What does astral consciousness set at naught?

112. Now when he can function on the mental plane, the 3d plane, what change is there? What has he now transcended?

What effect has rising still higher than the mental plane to the next above, the Buddhic or 4th plane?

113. Is the conquest for himself? How shall he use the wider powers?

Explain what is meant by saying the Master is a perfect man, "who has nothing more to learn."

114. How does this mystery unfold to man? What is the Reality, and what is the difference?